

## Claims

1. Use of folic acid, vitamin B6 and B12 or their functional analogues in the manufacture of a pharmaceutical composition for improving senses of well-being, control of feeling of pain and improvement of mood, sleeping behaviour, or treatment or prevention of other serotonin- or melatonin-mediated disorders.
2. Use according to claim 1, in which the composition is a composition for complete nutrition.
3. Use according to claim 2, in which the composition is a composition for complete nutrition of infants.
4. Use according to claim 2, in which the composition is a composition for complete nutrition of diseased or elderly persons.
5. Use according to any one of claims 1-4, in which the composition contains more than 44  $\mu\text{g}$  of folic acid and more than 0.8  $\mu\text{g}$  of vitamin B12 and more than 50  $\mu\text{g}$  of vitamin B6 per 100 kcal.
6. Use according to any one of claims 1-5, in which the composition further contains at least 0.55 mg of niacin equivalents and/or at least 0.08 mg of riboflavin and/or at least 55  $\mu\text{g}$  of thiamine per 100 kcal.
7. Use according to any one of claims 1-6, in which the composition further contains more than 50 mg of choline or betaine or the sum thereof, and/or at least 5 mg of taurine, and/or at least 50 mg of methionine per 100 kcal.
8. Use according to any one of claims 1-7, in which the composition further contains 0.05-8 g of tryptophan and/or 30-3000 mg of melatonin and/or 50-1000 mg of adenosine per 100 kcal.
9. Use according to any one of claims 1-8, in which the composition further contains 5-400 mg magnesium and/or 0.7-100 mg zinc per 100 kcal, the weight ratio of magnesium plus zinc to calcium being higher than 0.08.
10. Use according to any one of claims 1-9, in which the composition contains 9-15 g of carbohydrates per 100 kcal.

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11. Use according to claim 1, in which the composition is a supplement for diseased or elderly persons.
12. Use according to any one of claims 1-11, in which the composition contains, in a daily dosage, at least 200  $\mu\text{g}$  folic acid, at least 1.9  $\mu\text{g}$  vitamin B12 and at least 0.3 mg vitamin B6.
13. Use according to claim 12, in which the composition further contains per daily dosage, at least 0.5 mg riboflavin and/or at least 1.0 mg thiamine and/or at least 2 mg niacin equivalents and/or at least 0.3 g tryptophan, at least 0.5g melatonin, at least 50 mg adenosin, at least 50 mg choline and/or betaine and/or at least 100 mg methionine and/or at least 0.03 mg vitamin K and at least 5g of digestible carbohydrates.
14. A pharmaceutical composition suitable for improving senses of well-being, control of feeling of pain and improvement of mood, sleeping behaviour, or treatment or prevention of other serotonin- or melatonin-mediated disorders, the composition containing more than 44  $\mu\text{g}$  of folic acid, more than 0.8  $\mu\text{g}$  of vitamin B12 and more than 50  $\mu\text{g}$  of vitamin B6 per 100 kcal. *a*
15. A method of treatment for improving senses of well-being, control of feeling of pain and improvement of mood, sleeping behaviour, or treatment or prevention of other serotonin- or melatonin-mediated disorders, comprising administering to a person in need of such treatment, an amount of at least 200 $\mu\text{g}$  of folic acid, at least 2  $\mu\text{g}$  of vitamin B12 and at least 2 mg of vitamin B6 per daily dosage.

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